



Lowell Senior Center HERITAGE

Announcing the...

SENIOR CENTER ART EXHIBITION

**AN EXHIBIT
CELEBRATING
THE WORK OF
ARTISTS OVER 60**

ON DISPLAY THROUGH THE SUMMER

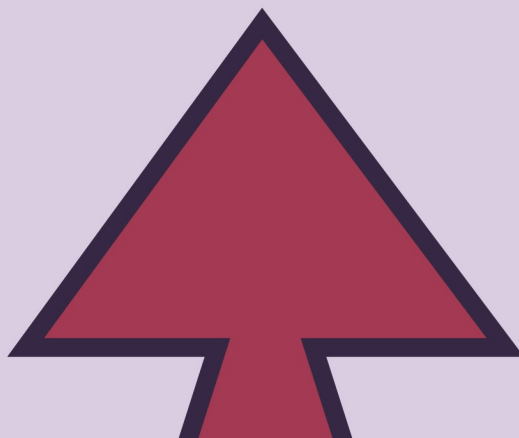
OPENING RECEPTION JULY 8, 1-3 PM

ARTIST MEET-UP JULY 13, NOON

LOWELL SENIOR CENTER

276 BROADWAY

MORE INFO ON PAGE 7



LOWELL **SENIOR CENTER**

276 Broadway St
Lowell, MA 01854
978-674-4131

~~~~~  
Monday–Friday:  
**7 am to 3 pm**

Saturday–Sunday:  
**Open for meals only**

Breakfast:  
**Weekdays 7 - 8 am**  
**Dine in or take-out**

Daily Lunch:  
**11 - 11:30 am**  
**Dine in or take-out**

~~~~~  
Receptionist: Tara Donnelly

Director: Kimberly Gagnon

Programs: Aurora Erickson
aerickson@lowellma.gov

Chef: Joe Wilkins
~~~~~

**Outreach Team**  
**Tel: 978-674-1166**

Seila Chuop (Khmer, Korean)  
Jenny Khweiss (Spanish, Arabic)  
Amy Leal (Portuguese, Spanish)  
Glady Dieppa (Spanish)

## **Lowell Health and Human** **Services**

Lowell Health Department  
978-674-4010  
Lisa Golden, Director

## **COUNCIL ON AGING** **BOARD OF DIRECTORS**

*Andrew Hostetler, Chair*

*Joyce E. Dastou*

*Beverly Gonsalves*

*Judith Huber*

*Molyka Tieng*

*Gilda James*

*Frank Baskin*

*One Vacancy*  
~~~~~

Next meeting September 11th

A Note from Senior Center Staff:

We so appreciate your ongoing patience with this computer problem! This has been a very challenging period for city staff as we struggle to do our usual work without all our usual tools. We feel very grateful for everyone's ongoing patience and understanding.

JULY TRIPS— ON SALE JULY 1!

Day		Price	Destination	Depart 465 Fletcher St	LRTA Station
Tuesday	11	\$7	York Beach	8:45 am	9:00 am
Thursday	13	\$7	Hampton Beach	8:45 am	9:00 am
Tuesday	18	\$7	Portsmouth	8:45 am	9:00 am
Thursday	20	\$7	Ogunquit	8:45 am	9:00 am

July Movies

This month's theme is mystery comedy.

Arsenic and Old Lace (1944)

Thursday, July 6th
12 pm (Noon)

Newlywed Cary Grant uncovers an unlikely murder plot in this classic screwball comedy.

Clue (1985)

Thursday, July 13th
12 pm (Noon)

In this silly adaptation of the classic board game, a mansion full of colorful characters including Madeline Kahn and Tim Curry try to untangle who killed their mysterious host, Mr. Body.

Knives Out (2019)

Thursday, July 20th
12 pm (Noon)

A mystery writer's death needs untangling in this modern take on the classic Agatha Christie-style whodunnit.

My Cousin Vinny (1992)

Thursday, July 27th
12 pm (Noon)

When a New Yorker driving through the south is wrongly accused of murder, he calls in his lawyer cousin Vinny, Joe Pesci, who arrives with girlfriend Marisa Tomei. Can this foul-mouthed pair win the trial? This movie comes with a language warning!



From Your Behavioral Health Worker... A Note about Getting Back to Your Normal Life after Covid

Hello Lowell Seniors!

As you may know, I am the social worker who comes in on Friday to meet with anyone who wants to speak confidentially about any important personal or family issue in their lives. This public information note is the first of what we hope will be a monthly section in the newsletter.

One of the most significant issues I have observed with seniors is that Covid has changed the level of comfort and interest in going out and being with people again. Social anxiety, fear of illness, and facing disappointments about all the things lost or changed in the last few years have contributed to depression and other mental health conditions. Most seniors have adapted very well, according to the psychiatric literature, but ones who did not have strong social connections before covid had more mental health challenges.

If you are finding that it's hard to "get back" to the way you felt before the pandemic and want to talk please contact the front desk to schedule an appointment with me. You can either do it in person by going to the upstairs front desk or call 978-674-1166. I look forward to seeing how I can help you.

—Nava

Name: _____
First Middle Initial Last

Male: _____ Female: _____ Birthday: _____

Address: _____
Street Apartment Number or Floor

City State Zip Code

Telephone: _____
Home Cell

Email Address: _____ @ _____ . _____

Emergency Contact Information

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

Do you need help when walking? yes _____ no _____ Are you Disabled? yes _____ no _____

Do you live alone? yes _____ no _____ Do you want to be on our email list? yes _____ no _____

Veteran Status: _____ Veteran of U.S. Armed Forces _____ Spouse of U.S. Veteran _____ Non-Veteran

Ethnicity (choose one): _____ Hispanic _____ Non-Hispanic Preferred Language: _____

Race (choose all that apply)

_____ African-American _____ American Indian/Alaska Native _____ Asian-American
_____ Native Hawaiian/Pacific Islander _____ White _____ Other

I have read and agree with the Lowell Senior Center Standards of Conduct.

Signature Date

STAFF USE ONLY -- Swipe card: _____

Nombre: _____
 Primer Inicial Ultimo
 Masculino/ Femenina / Otro Fecha de Nacimiento: _____

Direccion: _____
 Calle Numero de Apt O Piso

Ciudad Estado Area Postal

Telefono: _____
 Hogar Celular

Buzon Electronico: _____ @ _____ . _____

Informacion de Contacto de Emergencia

Nombre: _____ Relacion: _____

Telefono de Hogar: _____ Numero de Celular: _____

Usted Necesita Ayuda al Caminar? Si _____ No _____ Esta Usted Desabilitado? Si _____ No _____

Vive Usted Solo? Si _____ No _____ Desea Estar en Nuestra Lista Electronica? Si _____ No _____

Estado Veterano: _____ Veterano de Fuerzas Armadas de E, U, _____ Esposa de Veterano _____ No-Veterano

Ethnica: Escoja Una _____ Hispano _____ No-Hispano **Lenguaje Preferido:** _____

Rasa (Escoja la que le Aplique)

_____ African0-Americano _____ Americano Indio/Alaska Nativo _____ Asiatico-

Americano

_____ Nativo Hawaiano/Pacifico _____ Blanco _____ Otro

He Leido Y Estoy de Acuerdo con Los Estandares de Conducta del Lowell Senior Center.

 Firma

 Fecha

Community Events and News



Lowell Fire Department Blood Drive

Thursday, July 20th, 8
a.m. to 6 p.m.

Lowell Senior Center

Give July 17 thru 31 for an exclusive Shark Week shirt from Discovery while supplies last. For an appointment, please visit redcrossblood.org and enter: LowellFD

Or call 1-800-RED-CROSS

SENIOR CENTER ART EXHIBITION

Seniors are a vital part of the Lowell art scene, and we're celebrating them! Through the summer, artwork by seniors aged 60+ will be exhibited in the Senior Center. In addition, look for classes, skill-builders, and artist meet-ups to be scheduled.. Thanks Lowell Cultural Council!

RECEPTION JULY 8, 1-3 PM
ARTIST MEET-UP JULY 13, NOON

Important Tax Information



Statutory Exemption Applications are available as of July 1. If you filed and were granted an exemption last year you will be mailed an application. Applications are available online

at www.lowellma.gov under Assessing Forms or you may contact the Assessing Office at 978-674-4200 and we can mail one to you.

Bone Builders

Mondays and Wednesdays,
8:30 a.m.



The exercises help the progression of Osteoporosis and other bone related diseases—and are fun! We're thinking about adding more classes at new times. Let us know if you're interested!



AgeSpan Family Caregiver Support Program Info Session

Tuesday, July 11, Noon

Join Crystal Polizzotti, Director of the Family Caregiver Support Program at AgeSpan (formerly Elder Services) for an information session on how our program supports the family caregivers in our community. We are a supportive program that offers services to ease the stress of being a caregiver to your loved ones. We recognize the critical role family caregivers make in the lives of their loved ones and want you to know you are not alone. We offer one on one sessions to help caregivers navigate resources and manage care of their loved ones, including but not limited to assessments, information and referrals to local resources, support groups, trainings, habilitation therapy, respite scholarships, grandparents' campership, and afterschool scholarships and more.

New Health and Wellness Programs at the Senior Center

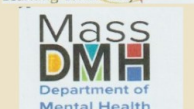


Chat Hour/La Hora de Charla: A group to come together, talk with others, meet new and old friends, and learn about being healthy

English: Wednesdays at 10 a.m. & **Español:** Miercoles a las 11 a.m.



Eight Dimensions of Wellness: Learn how the dimensions can support your well-being as an older adult, with a new dimension each week. Tuesdays at 10 a.m.



Awareness Meditation: For recovery, awareness, relaxation. Mondays at 1 p.m.

For Your Health

FREE Fitness Room



Monday to Friday, 7 am to 3 pm

Required:

- Lowell residents age 60+
- Sneakers
- Annual doctor's release note

Salsa

Learn salsa and meringue moves in this fun and active dance class to bring sunshine to your day. Class is taught in English and Spanish.

Aprenda los Movimientos y Bailes de Salsa y Merengue En este Divertida Clase de Baile para Para que Illumines tu Dia.Las Clases seran en Espanol Y ingles.

NOTE: Salsa is not available until the computers are back on. Call to confirm please.

Bone Builders

Mondays and Wednesdays, 8:30 am

FREE with application process to participate, ask at front desk.

We're thinking about adding more sessions of this program! Let us know if you might be interested.



Foot Clinic

with Diane Stanley, RN

Sign up in advance required.

\$30.00 fee

Includes: foot assessment, toenail trim and filing, reduction of nails/corns/calluses, education to help maintain self-care, and a relaxing foot massage.



Tai **Chi**

Mondays at 11am

\$5 per class

Tai Chi is a relaxing form of exercise a little bit like yoga or slow, gentle dance. You move slowly through poses that help you focus your energy and relax your body.

Beginners welcome.

Meet with Nava

Fridays
8 am to 2:30 pm

Call 978-674-1166 to make an appointment.

Nava is a licensed clinical social worker who is available to talk with seniors who need support.

"On the Move"

Mondays, Wednesdays, and Fridays,
9:00 am, \$3 per class

Aerobics and stretching, with weights, balls and resistance bands with Marian Silk



Yoga

with Christine Connolly

Chair Yoga

Tuesdays 12 - 1pm
or

Gentle Kripalu Yoga

Fridays, 12 - 1pm

\$5 per class

Calm breathing, stretching, and yoga poses to help improve flexibility and balance and reduce stress.

The instructor can modify poses for you around your limitations.



Blood Pressure Clinic

Monday
7/10
11am-Noon

Courtesy of
Element Care

Weekly Activities

Mahjong

And

Senior Center Singers

Are on summer hiatus.

Thursday Movies

Thursdays
Noon

Great Hall

Senior Socials

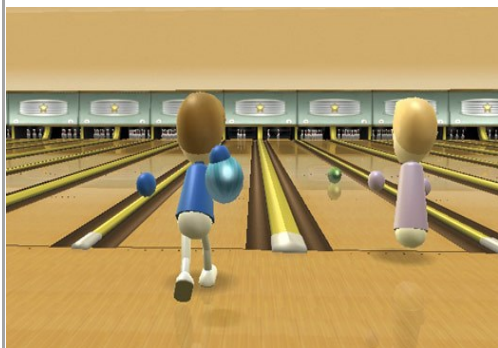
Fridays
12 - 2:45 pm
Great Hall

Line dancing, couples
dancing, friendly
conversation.



Wii Bowling

Tuesdays and Fridays
10:00 am - 11:30 am
Board Room



Knit & Crochet Group

Tuesdays 12:00 - 2:45 pm
Classroom



Bingo

Wednesdays, 12 - 3 pm
50 cents per card, sales start
at noon

Prizes vary based on
attendance.



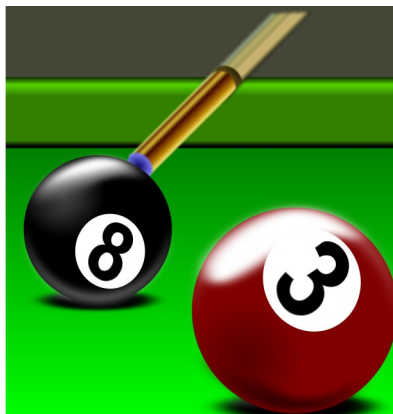
Quilting Group

Wednesdays
12 - 2:45 pm
2nd Floor Classroom
Newcomers welcome,
beginners to advanced!



Billiard Room

Open Monday - Friday
7 am - 2:45pm



Cards

Poker

Wednesdays and Fridays
9:30 am - 2:45 pm

Cribbage

Tuesdays
11:30 am - 2:45 pm

45's

Thursdays
11:30 am
- 2:45 pm



Sunday

Monday

Tuesday

Wednesday



July

2. 7-8 am Breakfast 11-11:30 Lunch	3. NO Bone Builders or On the Move 11 Tai Chi 1 Meditation	4. Independence Day Senior Center Closed for Independence Day. Happy July 4! 	5. 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker 10 Chat Hour 11 La Hora de Charla 12-2:45 Quilting 12-3 Bingo
9. 7-8 am Breakfast 11-11:30 Lunch	10. 8:30 Bone Builders 9:00 On the Move 11 Tai Chi 11:00 Blood Pressure Clinic 1 Meditation	11 8am Veteran's Breakfast 10:00-11:30 Wii Bowling 11:30-2:45 Cribbage 12 AgeSpan Caregiver Program Info Session 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet York Beach Trip	12. 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker 10 Chat Hour 11 La Hora de Charla 12-2:45 Quilting 12-3 Bingo
16. 7-8 am Breakfast 11-11:30 Lunch	17. 8:30 Bone Builders 9:00 On the Move 11 Tai Chi 1 Meditation	18. 10:00-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet Portsmouth Trip	19. 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker 10 Chat Hour 11 La Hora de Charla 12-2:45 Quilting 12-3 Bingo
23. 7-8 am Breakfast 11-11:30 Lunch	24. 8:30 Bone Builders 9:00 On the Move 11 Tai Chi 1 Meditation	25. Brown Bag Day 10:00-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet	26. 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker 10 Chat Hour 11 La Hora de Charla 12-2:45 Quilting 12-3 Bingo
30. 7-8 am Breakfast 11-11:30 Lunch	31. 8:30 Bone Builders 9:00 On the Move 11 Tai Chi 1 Meditation		



1.

7-8 am Breakfast
11-11:30 Lunch

6.

9-12 Mill City Grows
Farmer's Market
11:30-2:45 Cards: 45's
12:00 Thursday Movie:
Arsenic and Old Lace

7.

9:00 On the Move
9:30-2:45 Poker
10:00-11:30 Wii
Bowling
12:00 Gentle Yoga
12-2:45 Friday Social

8.

7-8 am Breakfast
11-11:30 Lunch

**1-3 Senior Center Art
Exhibition Reception**

13.

9-12 Mill City Grows
Farmer's Market
11:30-2:45 Cards: 45's
12:00 Thursday Movie:
Clue
12:00 Artist Meet-Up
Hampton Beach Trip

14

9:00 On the Move
9:30-2:45 Poker
10:00-11:30 Wii
Bowling
12:00 Gentle Yoga
12-2:45 Friday Social

15.

7-8 am Breakfast
11-11:30 Lunch

**10-3 Arts League of
Lowell Art Supply
Sale, 307 Market St**

20.

9-12 Mill City Grows
Farmer's Market
11:30-2:45 Cards: 45's
12:00 Thursday Movie:
Knives Out
8am-6pm Blood Drive
Ogunquit Trip

21.

9:00 On the Move
9:30-2:45 Poker
10:00-11:30 Wii
Bowling
12:00 Gentle Yoga
12-2:45 Friday Social

22.

7-8 am Breakfast
11-11:30 Lunch

27.

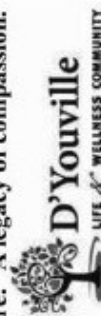
9-12 Mill City Grows
Farmer's Market
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12:00 Thursday Movie:
My Cousin Vinny

28.

9:00 On the Move
9:30-2:45 Poker
10:00-11:30 Wii
Bowling
12:00 Gentle Yoga
12-2:45 Friday Social

29.

A commitment to care. A legacy of compassion. This is D'Youville.
























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www.dyouville.org






















First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. Pasta and meat sauce
2.  Cheeseburger	3. Chicken Sandwich 	4. CLOSED	5. Baked Chicken and Rice 	6. Beef Stew 	7. Tuscan Cod 	8. Meatloaf 
9. Turkey Pie 	10. Chicken Parm and Pasta 	11. Chicken Stir Fry 	12. American Chop Suey	13. Beef Fajita 	14. Catfish 	15. Greek Salad
16. Hot Dogs	17. Chicken Supreme 	18. Roast Pork 	19. Ziti and Meatballs	20. Chicken Pork Stuffing  	21. Tuna Sandwich and Clam Chowder 	22. Turkey Chili 
23. Garden Salad 	24. Salisbury Steak 	25. Spanish Chicken and Rice 	26. Stuffed Peppers	27. Asian Chicken with Rice 	28. Traveling Chef	29. Shephards Pie
30. Chef Salad	31. Stuffed Cabbage					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. Pasta con salsa de carne
2.  Hamburguesa con Queso	3. Sangui de Pollo 	4. Cerrado	5. Pollo Azado 	6. Carne de Rez Guisada 	7. Pescado y Papas 	8. Carne Molida 
9. Parvo y Arroz 	10. Pollo con queso y Pasta 	11. Pollo a la sarten y arroz 	12. Carne Molida con Pasta	13. Fajitas y Arroz 	14. Pescado Y Mahadas 	15. Ensalada Greca
16. Embutidos con Halo	17. Pollo Supremo 	18. Cerdo Azado Arroz 	19. Pasta Con Albondigas	20. Pollo Majadas  	21. Sangui de Tuna y Sopas 	22. Parvo y Arroz 
23. Pollo y Ensalada 	24. Bistek Papas 	25. Polo y Arroz 	26. Pimientos Reilenos	27. Pollo Asiatico Arroz 	28. Chef Invitados	29. Pie de Carne Molida
30. Ensalada	31. Repollo Relleno					

Takeout Policy Change

Beginning August 1, 2023 we will be adjusting our to go meals program. As of August 1st, if you want hot take out, there will be a charge of \$2.50. We will have frozen meals to go available at no charge. As always, you are welcome to dine in with us for a hot meal with a suggested donation, but we do not require payment for dine in meals.

**SUGGESTED
DONATION:
\$1 BREAKFAST,
\$2.50 LUNCH**

BREAKFAST
WEEKDAYS 7AM - 8AM
LUNCH
11AM - 11:30AM

- **Vegetarian options** available weekdays.
Please call 978-674-4131 one day ahead
- Meals are **subject to change** based on supply availability
- **Bread and milk** are served with all lunches



AgeSpan
Choices for Life's Journey
Formerly Elder Services of the Merrimack Valley and North Shore

Please join us

**LOCAL HARVEST
PROGRAM
Starts July 2023**

Lowell senior center members!
Each market limited to 52 residents.

The poster features a circular logo for the Local Harvest Program with a corn cob and a tomato. The background is a collage of various fruits and vegetables.

DATES	HOURS
Monday, July 10	10:30 a.m. – 11:00 a.m.
Monday, July 17	10:30 a.m. – 11:00 a.m.
Monday, July 24	10:30 a.m. – 11:00 a.m.
Monday, July 31	10:30 a.m. – 11:00 a.m.

Services and Support

Medical Loan Program

Walkers, disposable underwear, fall prevention bars, and canes and available FREE. Donations gratefully accepted, please call 978-674-4131 first to confirm what is needed and available.



*Wheelchair
donations
needed!*



The Syringe Collection Program

Senior Center syringe drop-off accepted on weekdays at the front desk. Free disposal containers are available while supplies last.



Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Drop-in counseling is available Mondays from 9-11.



CareRide, a program of AgeSpan, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 60+.

Contact Alexandra Luciano, Care Ride Program Coordinator at 978-651-3118 or aluciano@agespan.org

Bills come to your address monthly, \$4/each way for local trips.

Rides to Senior Center

Call 978-674-4131 for a ride to the Senior Center for meals and activities. You must call by 9am on the day of your ride.

LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all Lowell residents age 60+ for medical rides only. Call Road Runner at 978-459-0152 to sign up.



Senior Abuse Hotline Number

To report suspected elder abuse, call:
1-800-922-2275

AgeSpan (formerly Elder Services)

Meals on Wheels,
Assistance with Home
Care, Case Management,
Support for Seniors and
Caregivers,
Prescription Advantage
1-800-892-0890

Legal Services
Assistance & Referrals
1-800-342-5297

Fuel Assistance 978-459-6161

DTA Hotline (SNAP/Food Stamps)

Direct line for seniors:
1-833-712-8027

MassHealth 1-800-408-1253

Social Security Administration 1-800-772-1213

Medicare 1-800-633-4227

Looking for something else to do? We need more volunteers to help with lunch over the summer! See Joe to ask how to help.

SUMMER WORD SEARCH

Look for the words listed below.

S	U	N	W	A	N	P	U	A
U	S	B	A	E	I	P	L	H
N	H	T	T	W	C	L	S	O
B	E	N	E	U	E	A	A	T
L	L	W	R	R	D	Y	N	N
O	L	N	B	O	T	S	D	F
C	A	M	B	E	A	C	H	U
K	U	W	A	V	E	S	C	N
P	I	N	E	A	P	P	L	E



Sun
Sunblock
Play

Waves
Hot
Sand

Fun
Beach
Shell

Pineapple
Water
Umbrella



Friends of Lowell Council on Aging

To some of you who read this page every month this may seem like old news. However here it goes.

Wednesday, April 26, 2023 the Friends of the Lowell Council on Aging had its election of officers. As was stated in the December 2022, January, February, and March 2023 newsletters, any member was eligible to vote as long as his or her dues were paid by Friday, March 24, 2023. This caused a few problems at the election sign in table. Some people did not know what the Friends is and attempted to vote. Others were not paid by the March deadline so were also denied a ballot. We changed the day from Thursday to Wednesday in hopes of a better turnout since Wednesday is Bingo Day. Not so. Going back to 2009 we always had a little over 100 members voting. During the 2021 pandemic we sent out over 300 ballots only to receive 102 returns. This year just 42 members voted. This created a tie of three for the fourth and fifth openings on the board of directors. We then had a tie breaking election Friday, May 19, 2023. This day was chosen because there was a Dinner Dance and once again the board thought this day would be more accommodating for the members. Only 26 bothered to make the trip upstairs to the board room to cast a ballot. All this information concerning these elections was also posted in the elevator, in the glass case next to the elevator and in the glass case in the entryway to the center.

Congratulations to all the victors and all who of you submitted nominations papers to appear on the ballot. And especially the members who made the effort to vote. If anyone has a suggestion on getting more members to participate, please share your thoughts with a member the board. However, we will not change the location of the voting. It will remain where it has always been in the upstairs board room. Having it downstairs where there is so much traffic during the hours of 9 & 1 would cause too much upheaval.

July and August there will be no FLCOA meetings. As always if anyone has any questions please contact a board member. There are always board members at the center every day of the week. Just ask.

Now we are in the heart of Summer. There are so many free outdoor activities, get out and enjoy them. But be careful of the sunshine. Wear a hat and apply sunscreen every day.

Have a safe and Happy July Fourth. The city is also having a huge Folk Festival the end of the month.

- Jacqueline Denison, Treasurer

BOARD OF DIRECTORS

PRESIDENT

Rita M. Mercier

VICE PRESIDENT

Ken Ashley

SECRETARY

Beverly Gonsalves

TREASURER

Jacqueline Denison

DIRECTORS

Richard Demers

Nancy Judge

Carol Lannan

John McDonough

~~~~~  
**Next Meeting:**  
**Resuming September**

## MARKET MILL APARTMENTS

SECTION 8 ELDERLY HOUSING WINNER OF RHA  
COMMUNITY EXCELLENCE AWARD

We are accepting applications for elderly and mobility impaired persons for 1 and 2 bedroom apartments. You must be at least 62 years of age to be eligible. All rents are based upon your income.

We offer:

- Laundry & Community Room • Resident Activities
- Computer Learning Center • Computer Program

Please call for application to be mailed to you or please apply at our office: 246 Market St., Lowell, MA

Managed by: Peabody Properties, Inc. TDD# 1-800-439-2370



**978-454-8030**



# Washington

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MEMBER DIF



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Angela Callahan RN, Administrator



**(978) 441-0911**

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WILL VISIT YOU  
IN YOUR HOME

1310 Main St., Tewksbury, MA 01876

## Centennial Island Apartments

Accepting applications for the waitlist  
for 1-2 bedroom Section 8 housing in Lowell.

Must income qualify.

Equal Housing Opportunity.

We do not discriminate on the basis of disability



For info contact

**978-454-5581**

tty 800-439-2370



**Merrimack Valley's  
Finest Affordable Housing**

## The Wentworth

### A Place to Call Home

NOW ACCEPTING APPLICATIONS

Privately owned building in historic section of downtown Lowell.

Studio & one bedroom apartments.

Specially designed for people 62 years old and over and for handicapped/disabled individuals who are 18 years old and over.

Income requirements, please call for more info.

1 Shattuck Street Lowell, MA

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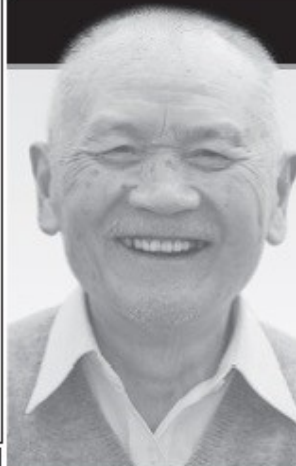
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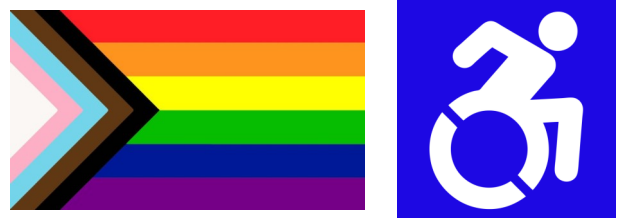
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